



# Group Fitness Schedule

## November-December 2014

### Center Hours:

Monday-Friday	5am-9pm
Saturday	7am-7pm
Sunday	1pm-5pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:10-5:50AM	Strength	Spin City	Stamina	Spin Scrambler	Reach & Restore
7:50-8:35AM	Water Works	Total Body Aqua	Shallow Blazin Buoys	Total Body Aqua	Water Works
8:00-8:45AM	Deep Buoy Basics		Knocking Noodles in the Deep		Deep Dynamite
8:30-9:00AM	Bells & Balls	The Ride!	HIIT Strength	The Ride!	Zumba®
8:45-9:30AM	Aqua Fun-Fit	Water Pilates	Shallow Blazin Buoys	Water Yoga	Noodle Fun-Fit
9:10-9:50AM	Flex & Flow		Core Fusion		Stretch 101
10:00-10:45AM	Silver Sneakers® MSROM		Silver Sneakers® Cardio Circuit		Beginning Fit
4:45-5:15PM	Pumped		Spin Train		
5:30-6:15PM	Hustle	TurboKick	SBC	Zumba/ZumbaStep®	
6:10-6:50PM	Chaotic Aquatic		Rockin Aqua		Deep Water Jogging

### SATURDAY CLASSES / HOLIDAY HOURS

Classes will start at 8:00am!

#### November

Nov 1 Bells & Balls (45m)  
 Nov 8 Turbo Rollout(90m)  
 Nov15 Spin Scrambler(45m)  
 Nov 22 Zumba Step Rollout(90m)  
**Nov 29 No Class!**

#### December

Dec 6 Deck your Booty!  
**Dec 13 Holiday Fit Fair!(2hr)**  
**Dec 20 2015 Class Preview(60m)**  
**Dec 27 No Class!**  
**No Classes Dec. 24-26, 31!**

**343**  
**Holiday Fit-Mas Challenge!**  
 Attend 3 classes for 3 weeks and enter to win 1 month free membership!  
 Classes count from Dec 1-Dec 19 only 1 class per day counts!

### KID FRIENDLY!

It's Simple fun!

1. Bring your kids to this class!
  2. Keep them with you as they get fit right along side of you!
  3. Help us teach kids to be fit!
- 1st grade & up welcome in designated classes as long as participation is followed!  
 Instructors reserve the right to bench the non-